

Spring Program – Game Plan

Long Valley Soccer Association

General Information

Description

The spring program is based on the concept of having organized *pick-up games* for each division, where the players will be placed on a team for each game. Therefore, participants will not be assigned to a single team for the season, instead each week we must “*choose up sides*” and play a game with adult volunteers overseeing each session. The divisions were designed based on the number of participants that registered to ensure we had the proper number of players for the games. Younger children (e.g. Kindergarten, 1st graders) may have the boys and girls combined. There are no practices, only games!

Volunteers

Game Coordinator (a.k.a. Head Coach) – Will be responsible for the following:

- Player contact to date/time and location of games
- Choose up sides
 - a. Use Odd-Even method by Grade
 - i. Line players up and have them count off
 - ii. Odd players on Team 1 and Even Players on Team 2
 - iii. Adjust players on team, if it is known that one side is *stacked*
 - b. Determine teams based on player performance from previous seasons
- Hand out scrimmage jerseys initially, players will bring them to each game
- Adjust teams, during half-time if game has become *lop-sided*
- Referee the game
 - a. Ensure proper equipment and player safety (see SAFETY below)
 - b. Keep time
 - c. Out of bounds
 - d. Goal kicks
 - e. Corner kicks
 - f. Hand balls
 - g. Rough play
 - h. Offside – *for middle school and high school divisions only*
- Provide some instructions to assist players during game (*don't over-instruct them, let them play!*)

Sideline Coaches (a.k.a. Assistant Coaches) – Will be responsible for the following:

- Control player substitutions during game
- Call out-of-bounds
- Provide instructions to assist players during game who are on the sidelines (*don't over-instruct them!*)

Game Rules

Safety

- All players **MUST** wear shin guards with the solid plastic insert guard pieces as opposed to the all foam shin guards. Your child will not be permitted to play without them.
- Kindergarten – Cleats may be worn, but not mandatory.
- All Other Grades – Soccer cleats are recommended. No baseball cleats (they have a spike in the toe).
- No jewelry, necklaces, earrings, bracelets etc. may be worn during games in order to reduce the chance of injury to a player.
- Baseball caps cannot be worn by players, but ski hats are acceptable for providing warmth.
- Tie backs for hair are allowed, although they should be of a type that will not cause injury if contacted by another player or the ball.

Game Setup

Kindergarten – 2nd Grades: Separate or combined Boys and Girls divisions

- Small-sided games (e.g. 6v6) or whatever is efficient for a number of participants to have touches on the ball (min 4v4, max 8v8)

- Goalie
- Referee/Sideline Judges calls
 - a. Out of bounds
 - b. Goal kicks
 - c. Corner Kick
- 4 Quarters, each being 12 minutes
- Substitutions ever 6 minutes

3rd – 5th Grades: Separate Boys and Girls divisions

- 8v8 games or whatever is efficient for a number of participants to have touches on the ball (min 6v6, max 10v10)
- Goalie
- Referee/Sideline Judges calls
 - a. Out of bounds
 - b. Goal kicks
 - c. Corner kicks
 - d. Hand balls
- 4 Quarters, each being 12 minutes
- Substitutions ever 6 minutes

6th – 8th Grades: Separate Boys and Girls division

- 11v11 games
- Goalie
- Referee calls
 - a. Out of bounds
 - b. Goal kicks
 - c. Corner kicks
 - d. Hand balls
 - e. Rough play (*no slide tackles*)
 - f. Offside
- 4 Quarters, each being 15 minutes
- Substitutions ever 7½ minutes

High School Grades: Separate Boys and Girls division

- 11v11 games
- Goalie
- Referee calls
 - a. Out of bounds
 - b. Goal kicks
 - c. Corner kicks
 - d. Hand balls
 - e. Rough play
 - f. Offside
- 2 Halves, each being 30 minutes each
- Substitutions ever 7½ minutes

Necessary Equipment for games

- Distribute Scrimmage Jerseys (*league provides 1 for each player – reversible colors*) at 1st game, player will keep jerseys
- Whistle (*league provides 2 for each division*)
- Watch or Stop Watch to time game (*coach responsibility*)
- Balls (*league equipment coord. will provides at least 3 game-quality balls*)
- Cones (*league equipment coord. will provide to you*)
- Corner Flags (*league equipment coord. will provide to you*)

Running the Game

Pre-Game Setup

- Arrive 15 minutes early and check field
- Check players – *See Safety Rules above*
- Choose sides – *See some methods above*
- Coin toss [*optional*]

Start of Game

- Make sure teams are on one side of field and spectators are on the other.
- Have a designated linesperson (a.k.a. *assistant coach*) to help with the touchlines. They are not to make any other calls.
- Have an assistant coach help with player substitutions, if necessary.
- Keep the game fun, may need to have some key players change sides if score becomes lop-sided.
- Stop game for player injuries and give player enough time to come off the field under their own power. Do not move them. Call for ambulance first if injury seems severe, and then call parents. Notify league as soon as possible.

Post-Game

- Collect Flags, Cones and Balls
- Report any problems or ideas for improvements to Walter Liska